



WE CAN LEND A HELPING HAND TO YOU AND YOUR FAMILY.

WIC is a food and health program for pregnant women, new moms, infants and children up to their fifth birthday.

WIC can help you make your growing family healthier by providing nutrition education, breastfeeding support, supplemental food and referrals.

Nutrition Education

Eating right is the key to a healthy family, and WIC can help by providing the following information and services.

- Learn how to eat better with tips on how to create healthy, affordable, easy recipes.
- Get tips on breastfeeding.
- Learn how to create happy mealtimes with your children.
- Meet with nutritionists to get personalized, friendly advice for all your nutrition questions.
- Join group classes or sign up for one-on-one counseling.

For questions or to make an appointment,
call your local WIC office today.

Breastfeeding Peer Counseling Program

General Number.....602-506-9336

North and West Phoenix

Avondale623-932-3900

950 E. Van Buren St., Avondale 85323 (Dysart Rd. & Van Buren St.)

Glendale623-939-0989

5141 W. La Mar, Glendale 85301 (51st Ave. & Glendale)

Maryvale623-846-5809

4002 N. 67th Ave., Ste. 10, Phoenix 85033 (67th Ave. & Indian School Rd.)

North Valley602-482-7174

19401 N. Cave Creek Rd., Ste. 8, Phoenix 85024 (Cave Creek Rd. & Utopia Rd.)

Thunderbird602-993-5010

5422 W. Thunderbird Road, Suite 6, Glendale 85306
(55th Ave. & Thunderbird Rd. in Thunderbird Medical Plaza)

Central Phoenix

Downtown Phoenix602-506-6848

1645 E. Roosevelt St., Phoenix 85006 (16th St. & Roosevelt St.)

Seventh Avenue602-252-3988

1260 S. 7th Ave., Phoenix 85007 (7th Ave. & Buckeye Rd.)

St. Mary's602-278-3201

3003 W. Thomas Rd., Phoenix 85017 (30th Ave. & Thomas Rd.)

Sunnyslope602-331-8311

9100 N. Central Ave., Ste. B, Phoenix 85020 (Central Ave. & Dunlap Rd.)

East and South Phoenix

Broadway480-668-2822

635 E. Broadway Rd., Mesa 85204 (Broadway Rd. & Olive, inside the Mesa New Leaf Facility)

Chandler480-892-7702

3002 N. Arizona Ave., Ste. 13, Chandler 85225 (Arizona Ave. & Elliot Rd.)

Greenfield480-984-1068

4419 E. Main St., Ste. 103, Mesa 85205 (Greenfield Rd. & Main St./Apache Trail)

Guadalupe480-838-2859

9206 S. Avenida del Yaqui, Guadalupe 85283 (Avenida del Yaqui & Guadalupe Rd.)

Mesa480-833-0334

423 N. Country Club Dr., Ste. 45, Mesa 85201 (Country Club Dr. & University Dr.)

Scottsdale480-949-7448

8119 E. Roosevelt St., Scottsdale 85257 (Hayden Rd. & Roosevelt St.)

South Phoenix602-243-3997

438 E. Southern Ave., Phoenix 85040 (Southern Ave. & 4th St.)



BREASTFEEDING

It's the best start!

**Maricopa County Women, Infants
and Children (WIC) Program**



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BREASTFEEDING SUPPORT

All women should have support while breastfeeding. We are here to help you give the gift only you can give. Breastfeeding provides the best nutrition possible for your infant, helps you lose pregnancy weight, gives your baby special protection against illness and meets your baby's changing needs. Our friendly Breastfeeding Peer Counselors and WIC staff can support you and answer your breastfeeding questions. We help "at home" moms and moms who work.



Sign up for the Breastfeeding Peer Counseling Program at your local WIC office. We will give you details on getting started, explain the benefits of breastfeeding, address common concerns and give you support.

PREGNANCY

We can teach you about eating well and staying healthy during your pregnancy so your baby has the best start to life.

SUPPLEMENTAL HEALTHY FOODS

You'll get checks for healthy foods to ensure proper nutrition, including fresh fruits and vegetables, jarred infant foods, whole grains, low fat milk, and cereal. Non-breastfed infants may receive infant formula.

REFERRALS

There are plenty of services waiting to help you. Get free referrals for dental care, health care, financial assistance, parenting advice, legal assistance and other programs.

Call Today to Learn More
602-506-9336
or visit a Maricopa County
WIC Clinic



To qualify for WIC, you must meet the following conditions:

Pregnant women, breastfeeding women with children one year old or under, women who have a child younger than six months old, and infants and children up to five years old who meet income guidelines are eligible to receive WIC.



Income guidelines:

WIC assists people who are eligible for AHCCCS, Food Stamps, and TANF, as well as people whose income is too high for these programs. WIC helps many working parents who just find their income doesn't stretch far enough.

Nutritional risk:

Some of these risks include being overweight or underweight, being under 18 years old and pregnant, being a breastfeeding mother, not gaining weight properly, having a history of problems with other pregnancies, having a lot of infections, poor diet, etc.